



MARCH 2005



## How To Avoid Slips, Trips, and Falls

Thus far in FY-05 at NASO, 19 of the 70 mishaps (27%) were due to slips, trips and falls. And only 5 were due to icy conditions!! Supervisors should stress training, clear slippery walkways and work areas and review procedures with their personnel.

Next to traffic accidents **Falls Kill More People** than any other kinds of accident!

1. At Home: About 6,000 people die each year as a result of falls.
2. Away From Home: Nearly 6,000 more people die each year as a result of falls on the job or elsewhere, away from home.

It's A Fact Millions of People are Injured in Falls Every Year! When suffering, medical expenses, lost wages, and lost production are considered, falls become costly accidents. **At work, most falls are slips or trips at floor level, not from high places!**



## Avoid Trips- Good Housekeeping means Safety! Make it a Habit!

1. Furniture: Arrange furniture in the office or home to avoid an obstacle course to potential falls.
2. Materials: It's hazardous to store materials in hallways and aisles it is safer in closets and cabinets.
3. Electrical Cords: Avoid extension cords if possible. If you must use one, never place it (or any other cord) in walking area.
4. Toys: Teach children to put their toys away, there's nothing like a ride on a toy for a fast fall.
5. Untidy Floors: Any small thing, a pencil, piece of fabric, machine part, can cause a big fall.
6. Drawers: Keep them close even when you think it's unlikely someone would bump into them.
7. Stairs: Don't store materials on the stairs. An extra trip upstairs can prevent a serious accident.
8. Obstacles: If it's in the way, move it or walk around it, avoid climbing over it.

## Avoid Falls- Set the Safety Example for others.

1. Check Lighting: Brightness is especially important in narrow stairwells.
2. Repair or Replace: Look out for stair treads that are cracked or worn. Non-skid mats are a good idea, too.
3. Sit 4 Square: Keep all four legs of your chair on the floor. Make sure that chairs are in good repair.
4. Watch Those Cuffs: They should be short enough to eliminate the danger of catching a heel while walking.
5. Wear Good Shoes: Non-skid Soles are a "safe" choice. Keep shoes in good repair.

6. Rubber Heels: Are best, high heels or platform offer less stability.



7. Upper Shoe: Should give ankle support. Keep laces tied.

8. Avoid "Makeshifts": **Don't substitute a stack of furniture or boxes for a sturdy, properly balanced stepladder.**

9. Don't Jump! Lower yourself from docks, trucks or work stages.

10. Get Help: Carry only what you can handle, and keep your balance. Steady as you go.

Commander, Naval Forces Japan Safety Dept



[Hand and Power Tool Safety PowerPoint Presentation](#)

## POWER AND HAND TOOL SAFETY

**In projected FY-05 mishaps, the only category of mishaps that is increasing involves hands, and when you combine that with finger injuries, we see our biggest challenge this year. Based on current trends, we could see as many as 58 or more hand and finger injuries by the end of FY-05.**

**Many of these injuries are due to electrical shock.** Here are a few facts that may keep you from getting that buzz from an electrical hand tool:



### EXTENSION CORDS...

Q: **WHAT IS THE MOST DANGEROUS VOLTAGE 110, 220, 440?**

A: 110. This circuit does not have enough voltage to knock you off the circuit.

Q: **WHAT IS THE MAXIMUM LENGTH A EXTENSION CORD SHOULD BE?**

A: 25ft. in length. A voltage drop deteriorates the electrical Insulating value of the tool and will cause the cord or tool to overheat. The reason for this is VOLTAGE is force and AMPERAGE is heat. So as the voltage drops the amperage is not moved fast enough causing overheating.

Q: **HOW MANY 25FT LENGTHS SHOULD BE PUT TOGETHER?**

A: Not more than two and only on a temporary basis.

Q: **WHAT TYPE OF PLUG SHOULD BE ON THE END OF A EXTENSION CORD?**

A: Hospital grade, Molded-on type. NO exposed metal parts- this goes for tools also.

Q: **HOW CAN YOU TELL IF A PLUG IS HOSPITAL GRADE OR NOT.**

A: It has the words "hospital grade", the initials "HG", or a green dot on it.

**ELECTRICAL POWER TOOLS**...All electric tools must be **double insulated** or fitted with a grounded plug.

Q: **WHAT DO I MEAN BY A DOUBLE INSULATED TOOL?**

A: A non-conductive shell with a two-prong plug. Most industrial power tools now-days will be double insulated and have a three-prong plug.

Q: **HOW CAN WE TELL IF A DOUBLE INSULATED TOOL MEETS SAFETY STANDARDS?**

A: Underwriters Lab seal (UL). Don't use plastic shell tools if the UL seal does not appear on the tool.



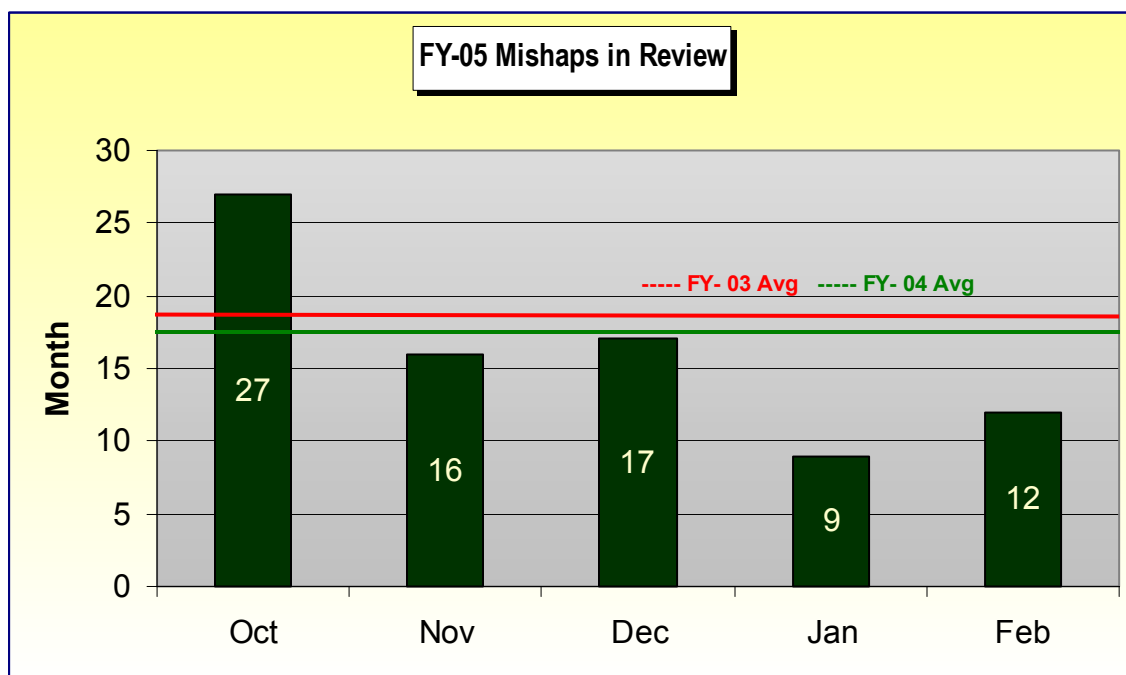
**Q: A METAL SHELL TOOL SHOULD HAVE HOW MANY PRONGS ON ITS PLUG?**

A: 3-prong plug. Never use a three-pronged plug in a two prong outlet.

**Q: WHAT SHOULD WE BE LOOKING FOR WHEN WE INSPECT OUR TOOLS?**

- ... Power cord connection at plug
- ... Power cord connection where cord enters tool
- ... Exposed conductors
- ... Broken, cut or dry rotted insulation
- ... Is it double insulated? Is there a UL seal?
- ... If its metal shell, is there a three- prong plug?
- ... Has it been checked?
- ... Is the shell in good shape?
- ... Does the on/off switch function correctly?

US Coast Guard Maintenance and Logistics Command Atlantic



## MISHAPS REPORTED IN FEBRUARY

1. Employee strained her back when she slipped on muddy ground while attending to a horse at the stables. (on-duty, 3 lost work days).
2. Service member suffered several burns to his hands and forehead while putting out a grease fire (off-duty, no lost work days).
3. Service member bruised his wrist when it got caught between the scissors on a ETU-110 trailer. (on-duty, no lost work days).
4. Service member received a shock from a malfunctioning connector in a power supply line. (on-duty, no lost work days).

5. Employee was cleaning tables in the game room and slipped on a wet floor. (on-duty, no lost work days).
6. Employee fell running toward the basket while playing basketball. (on-duty, no lost work days).
7. Employee tripped and fell on the stairs as she was leaving work. (on-duty, one lost work day).
8. Employee cut his fingers while cleaning light bulb cover. (on-duty, no lost work days).
9. Service member was organizing his closet when a box on the upper shelf came down over his left hand injuring his wrist. (off-duty, no lost work days).
10. Service member broke finger while reaching his hand out to steal the ball from another person while playing basketball. (off-duty, no lost work days).
11. Service member passed out twice from hypoglycemia and the flu while walking around a trailer and sitting in a chair. (on-duty, no lost work days).
12. Service member was driving down the New jersey turnpike when his vehicle was hit, skidded off the road and went into the ditch. (off-duty, one lost work day).

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**Lost Work Day** - Loss of at least one full workday subsequent to the date of mishap.



## March is National Nutrition Month

The following information is provided by the chief dietitians of the Army, Air Force, Navy, and Public Health Service. National Nutrition Month® is an annual event sponsored by the American Dietetic Association (<http://www.eatright.org>).

To promote NNM, the theme for March 2005 is "Get a Taste for Nutrition". The slogan for 2005, **"Get a Taste for Nutrition"** reinforces the importance of nutrition as a key

component of good health, along with physical activity. A healthy lifestyle is the key to peak performance and feeling great.

This year's slogan communicates that a healthy lifestyle starts with healthy eating. It is a call to action that challenges Americans to take responsibility for their nutrition and physical activity choices. Key messages in the current campaign include

**Be adventurous and expand your horizons, Treat your taste buds, Maintain a healthy weight, Balance food choices with your lifestyle, and Be active.**



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